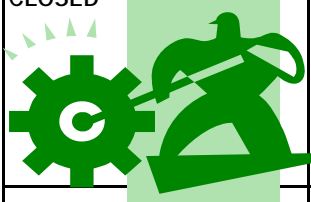

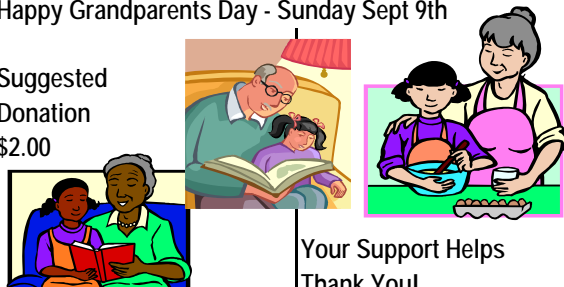




Milwaukee County Senior Meal Program

Home Delivered Meals

September 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/1/2008	9/2/2008	9/3/2008	9/4/2008	9/5/2008
LABOR DAY CLOSED 	Pineapple Juice Hungarian Goulash Parsley Buttered Flavored Wide Noodles California Blend Vegetables Whole Grain Bread Fresh Peach	Grape Juice Meat Lasagna with Red Sauce Mixed Greens with Romaine and Italian Dressing Italian Bread Parmesan Cheese Watermelon	Apple Juice Boneless Pork Loin with light gravy Savory Rice Mushroom Pilaf Harvard Beets Whole Wheat Dinner Roll Chocolate Iced Brownie D. Plain Pound Cake	Barbecued Chicken Thigh/Leg Breast/Wing Double Baked Potato Casserole Country Blend Vegetable Biscuit Angel Food Cake w/sugar free strawberries
9/8/2008	9/9/2008	9/10/2008	9/11/2008	9/12/2008
Tomato Juice Baked Cod Loin in Lemon Butter Sauce Macaroni and Cheese Summer Coleslaw Marble Rye Bread Oatmeal Raisin Cookie D. Graham Crackers	Cheeseburger Potato Chips Mixed Vegetables WW Hamburger Bun Diced Onions, Shredded lettuce, pickle slices, catsup and mustard Mandarin Oranges	Baked Ham Hot German Potato Salad Green Peas Dinner Roll Fresh Plum	Old Fashioned Beef Stew with carrots, peas, onions and celery Parsley Boiled Red Potatoes Mixed Garden Vegetable Salad w/Ranch Dressing 7 Grain Bread Peanut Butter Cookie D. Seasonal Fresh Fruit	Stuffed Chicken Leg Twice Baked Potato Casserole Monte Carlo Blended Vegetable Corn Bread Cherry Pie D. Sugar Free Cherries
9/15/2008	9/16/2008	9/17/2008	9/18/2008	9/19/2008
Salisbury Steak with Mushroom Gravy Red Skinned Mashed Potatoes Broccoli with Cheese Sauce Dark Rye Bread Fresh Green Pear	Chicken Paprikash Leg/Thigh Sage Stuffing Green and Wax Bean Medley Mixed Salad w/Italian Dressing Split Top Roll Fresh Orange	Apple Juice Sweet and Sour Pork Brown Rice Emperors Blend Vegetable Whole Grain Bread Chinese Almond Cookie D. Lorna Doone Cookie	Bacon Wrapped Turkey- Mignon with demi glaze Glazed Sweet Potato Country Blend Vegetable 7 Grain Bread Mixed Fruit Cup	Smoked Polish Sausage with kraut Baked Beans Carrot Raisin Salad Whole Wheat Hot Dog Bun Ketchup and Mustard Honey Dew Melon
9/22/2008	9/23/2008	9/24/2008	9/25/2008	9/26/2008
Tomato Juice Milwaukee Style Beef Sauerbraten Buttered Noodles Sweet & Sour Red Cooked Cabbage Light Rye Bread Tapioca Pudding Diet Pudding	Baked Chicken Loaf w/Gravy Baked Potato Key West Blend Vegetables Whole Wheat Bread Sour Cream Chilled Pineapple	Chilled Cranberry Juice Veal Parmigian with Italian Sauce Pene Pasta w/Marinara Sauce Summer Squash Garlic Bread Pistachio Fruit Fluff D. Mixed Fruit Cup	Barbecued Ground Beef Au Gratin Potatoes Three Bean Salad Hamburger Bun Golden Delicious Apple	Fruit Punch Grilled Salmon with Garlic Butter Sauce Blended Wild Rice Carrot Coins 7 Grain Bread D. Chilled Apricots
9/29/2008	9/30/2008			
Stuffed Cabbage Roll in Tomato Sauce Mashed Potato Green Beans Whole Wheat Bread Seasonal Fresh Fruit	1/4 pound Hot Dog Calico Baked Beans Asian Broccoli Slaw Hot Dog Bun Mustard, Ketchup, Pickle Relish Peanut Butter Cookie D. Lorna Doone Cookies	Now available DAILY Choloate Milk 	Happy Grandparents Day - Sunday Sept 9th Suggested Donation \$2.00 	
			Your Support Helps Thank You!	